

MA QABTAA COVID-19? MA U BAAHAN TAHAY TAAGEERO?



Miyaan u baahanahay
baaritaanka COVID-19?

- Ma u baylahday COVID-19?
- Ma leedahay astaamo?
- Eeg tilmaamaha onlayinka ah ee Maine
<https://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing>

Xasuusnaw inaad is ilaalso! Xiro afsaab, dadka ka fogow, oo dhaq gacmahaaga ama isticmaal gacmo-nadiifiye



Isbaar!

- Ha lagugu baaro meesha dadka lagu baaro ama cusbitaal
- Waxa waajib ah inaad isgo'doomiso ama iskarantiisho ilaa inta aad helayso natijjooyinkaaga
- Haddii aad u baahan tahay taageero si aad guriga u joogto, codso in laguu gudbiyo Daryeelka Bulshada ee Adeegyada Taageerada Bulsheed
- Goobta baaritaanka ayaa ku soo wici ama farriin kuu soo diri si ay natijjadaada kuugu sheegto



Daryeelka
Bulshada ee
Adeegyada
Taageerada
Bulsheed



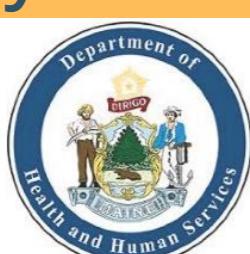
Ka waran
haddii
cudurka
laga iga
helo?

- Maine CDC ayaa kula soo hadli kuna waydiin doonta:
 - Halkee caabugu kaa helay?
 - Ma leedahay astaamo?
 - Waa ayo cidda aad isku dhawaateen?
- Waxay wici doonaan ciddii aad isku dhawaateen si ay u ogaadaan haddii ay astaamo leeyihii una baahan yihiin karantiil ama go'doomin.
- Waxa waajib ah inaad isgo'doomiso, ayey Maine CDC kuu sheegi doontaa mudada ay noqonayso
- Waxay kaa caawin inaad hesho Daryeelka Bulshada ee Adeegyada Taageerada Bulsheed



Waxaad waydiin
kartaa
hoggaamiyaha
bulshadaada,
dhakhtarka,
bixiyaha daryeelka
caafimaad,
adeegaha
bulsheed,
kaalkaaliyaha
caafimaadka
dugsiga, AMA
Maine CDC
taageero inaad
isgo'doomiso ama
iskarantiisho.

Tixraac adigoo u maraya iimeyl @DHHS.covidsocialsupport@maine.gov ama foomkan onlayinka ah (<https://www.maine.gov/dhhs/form/covid-19-referral-form>)



ADEEGYADA TAAGEERADA DARYEELKA BULSHADA EE COVID-19



Waa maxay
Taageerooyinka
Bulsheed ee
Daryeelka
Bulshada?

Taageerooyinka Bulsheed ee Daryeelka Bulshada waa adeegyo ay cid kasta oo u baahan caawimo inay iskarantiisho ama isgo'doomiso ay heli karto. Adeegyada waxa bixiya ururrada bulshada deegaanka waxaana kamid ah:

- Cuntada (bagaashka/cuntada karsan/cunto u gaynta)
- Adeegyada isku xirka dhaqamada iyo luuqadda
- Kahortagga iyo gudbinaha caafimaad
- Gaadiidka aadaya xarumahabaaritaanka, xarumaha daryeelka caafimaadka iyo gabbaadyada
- Qaadista saadka iyo daawooyinka
- Adeegyada caafimaadka dhimirka
- Guryeyn/gabbaad badbaado ah muddada lagu jiro go'doomin ama karantiil
- Ku xirmidda adeegyo taageero badan



Goorma ayaan
heli karaa
taageero?

- Wxaad leedahay astaamaha COVID-19 AMA
- Wxaad sugaysaa natijjooyinkaaga baaritaanka AMA
- Wxa lagaa helay COVID-19 AMA
- Wxaad u dhawaatay qof qaba caabuqa COVID-19



Sidee ayaan u
heli karaa
adeegyadan?

- Hoggaamiyaha bulshadaada, dhakhtarka, bixiyaha daryeelka caafimaad, adeegaha bulsheed, kaalkaaliyaha caafimaadka dugsiga, AMA Maine CDC waxay kuu gudbin karaan taageero inaad hesho
- Marka aad oggolaato, waxay ku samayn karaan gudbinta iimeyl ay u diraan DHHS.covidsocialsupports@maine.gov ama buuxinta foomkan onlaynka ah` (<https://www.maine.gov/dhhs/form/covid-19-referral-form>)

Tixraac adigoo u maraya iimeyl [@DHHS.covidsocialsupport@maine.gov](mailto:DHHS.covidsocialsupport@maine.gov) ama foomkan onlaynka ah (<https://www.maine.gov/dhhs/form/covid-19-referral-form>)

